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Your essential daily news | THURSDAY, JULY 9, 2015

High 26°C/Low 14°C Sunny



Cycle culture pedals ahead

TRANSPORTATION

Councillor plans another look at Point Pleasant bike policy



**Stephanie
Taylor**
Metro | Halifax

One Halifax councillor believes the time is right to take another look at a long-standing policy in Point Pleasant Park that bans cyclists from riding there on weekends and holidays.

Coun. Wayne Mason said Wednesday he plans to bring forward the issue to the Point Pleasant Park Advisory Committee, after receiving several complaints last weekend from residents disappointed they were not allowed to go biking in the park on such sunny days.

Mason said that was the first time he'd been contacted in regards to the policy — only permitting biking on gravel roads from Monday to Friday

— which, to him, signals the tide of public opinion may be changing.

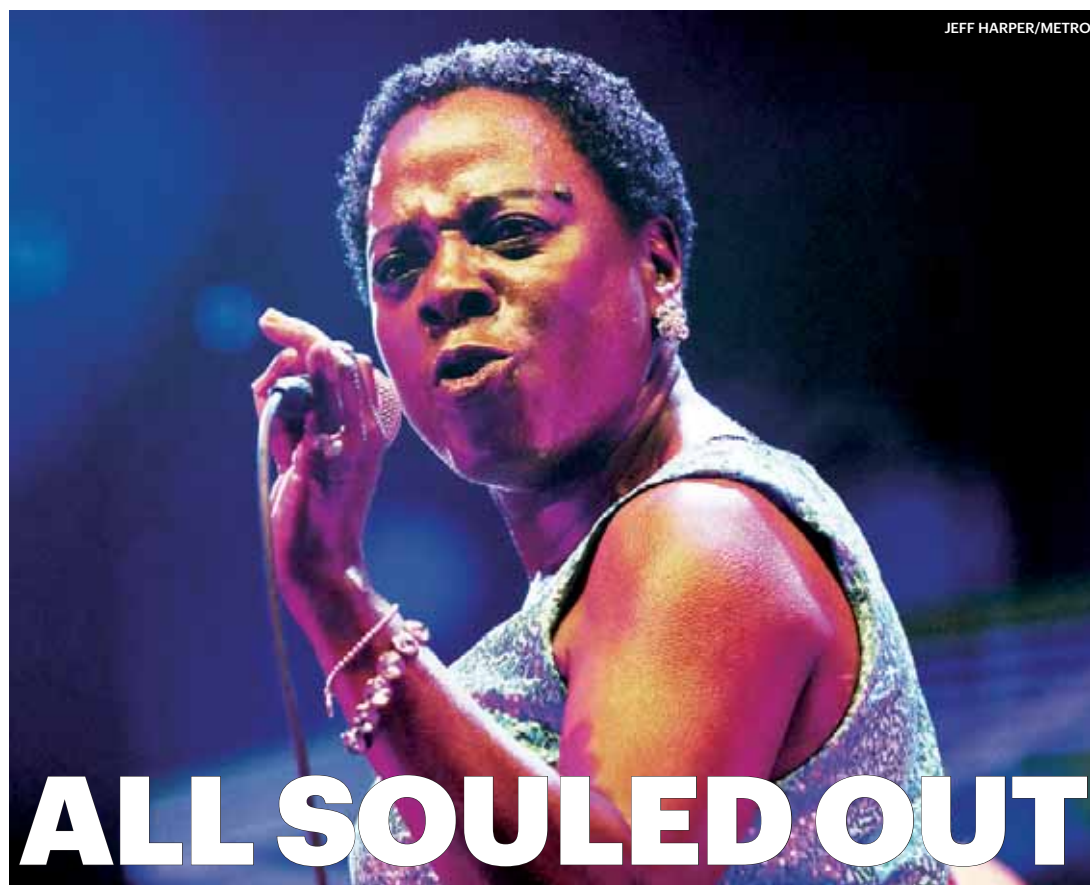
"What it shows me is our drive to get recreational cycling to be a part of the culture here is working," he said, adding he plans to talk to the park's advisory committee Thursday.

"There's a change in what people want to do with their spare time, and we've got to think about how we can accommodate that in the park."

Mason believes there are valid reasons why cycling should not be permitted on all pathways — due to width, for example — so city staff should study the feasibility and risks associated with opening the park up to cyclists on weekends in order to make an informed decision.

The rationale behind the current policy, which has been in place for more than two decades, is to mitigate the risk of collisions from occurring during high-traffic times, according to Halifax Regional Municipality.

Any recommendation from Thursday's committee for a staff report would then go to Halifax and West Community Council.



JEFF HARPER/METRO

ALL SOULED OUT

Soul sensation Sharon Jones plays the main stage of the Halifax Jazz Festival on Wednesday. See **metroNEWS** for more.



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Group aims to beautify 'heart of the community'

HAMMONDS PLAINS

Renovations and upgrades could cost almost \$70K



Stephanie Taylor
Metro | Halifax

Beautifying a historic Hammonds Plains building is about more than just appearances, says one community member, hoping that a more attractive façade will bolster business.

This Saturday, the Hammonds Plains Community Centre Association is hosting a party and planter box building event, kicking off the first of what treasurer Shaun MacIntyre hopes will be many initiatives to spruce up the outside of the centre, which he calls "the heart of the community."

The building, built in 1939 as a two-room schoolhouse and later converted into a community and fire hall in 1969, is beginning to show its age, he said Wednesday. MacIntyre worries that may affect its long-term viability.

"The real underlying issue here is we're trying to keep it going for another multiple decades. In order to do that you have to keep the facility relevant and up to date."

MacIntyre said people driv-



Volunteer Anne Marie Evans takes time from painting to pose for a photo Wednesday outside the Hammonds Plains Community Centre. JEFF HARPER/METRO

ing by might look at the building's plain-jane tired exterior and be dissuaded from booking a wedding or event — a problem since the centre is community owned and operated.

In 2014, the non-profit community association that now runs the centre bought it from the city, which means all of its operations are paid for out of pocket from cash generated by community rentals, he said.

The city awarded the centre

“People live on two-acre lots in various subdivisions and there's not a whole lot of opportunity to feel part of a neighbourhood ...

Shaun MacIntyre

a \$5,000 capital grant this year, but MacIntyre said, "it's not huge and it's doesn't pay the oil bills or the electrical bills."

It also does not cover a number of renovations he believes are necessary to ensure the centre stays up and running for decades to come, such as upgrading its kitchen, which currently does not have the facilities to allow for food prep on site.

The renovations would re-

quire a nearly \$70,000 investment. Although business at the moment is on track, MacIntyre and other volunteers are thinking about the big picture and how the centre can be transformed into a "catalyst for a growing community."

"People live on two-acre lots in various subdivisions and there's not a whole lot of opportunity to feel part of a neighbourhood as oppose to living in a city," he said.

LABOUR

Studio wants public dialogue

Four months after locking out film technicians, Egg Studios wants the union representing the workers to engage the company in a public debate.

Sara Thomas, Egg president, said Wednesday she and co-owner Mike Hachey no longer wanted to combat the "negative discourse" she claims has been happening online with Local 849 of the International Alliance of Theatrical Stage Employees (IATSE) through its Egg Films: Don't Be Rotten website and social media pages. In May, Egg launched its own Egg Fights Back Facebook page and campaign to "really to make sure that everybody understands the whole story," Thomas said.

"They started the public discussion, so let's have a public discussion," Thomas said.

"Give them the opportunity to defend or explain their actions or apologize, so maybe there could be some chance that maybe we could move forward."

The event is July 15 at 6:30 p.m. at the NSCC Waterfront Campus in Halifax and seating is limited.

In March, Egg Studios locked out the IATSE workers and has been using non-union crews for its commercial shoots since then, Thomas said. The lockout comes more than four years after IATSE filed union certification for the technicians to get workers' compensation, employment insurance and pension contributions in 2011.

Egg fought that decision through the courts but lost the appeal at the Supreme Court level. A one-year deal imposed by the Nova Scotia Labour Board expired in September 2014. Thomas said Egg has about 67 technicians and crew it regularly used for commercial shoots, about half of whom are IATSE members. The business agent of the union, Gary Vermier, said Thursday IATSE won't be at the event since "there's nothing left to debate" and it wouldn't help unionized workers.

"If this was a discussion that was going to lead to an end to the lockout then we'd be all over it, but that's not what it is," Vermier said.

HALEY RYAN/METRO

POLICE

Walker Avenue man in court after climbing onto roof

Heide Pearson
For Metro | Halifax

Jimmy Melvin Jr., well-known to police in Halifax, is facing several new charges following an investigation that ended with him standing on the roof of a Lower Sackville apartment building.

Melvin's apartment on Walker Avenue was the target of a

search for stolen property by the Mounties on Tuesday night.

Halifax RCMP said it all started earlier in the day, at about 7 a.m., when a van was reported stolen from an Akerley Boulevard business in Dartmouth.

The investigation led police officers to the apartment building on Walker Avenue, where they completed a search and found stolen goods.

Just prior to the police en-

tering the apartment, Melvin fled through a patio door and climbed onto the roof of the building.

"They spoke with him for just over an hour ... to negotiate him to come off the roof," Halifax RCMP spokesman Cpl. Greg Church said.

He then climbed down from the roof and was arrested, Church said.

Melvin, 33, appeared in Dartmouth provincial court

Wednesday afternoon to face charges of stolen property possession under \$5,000, public mischief and breach of probation.

Police arrested two other people in connection with the search: 33-year-old Vanessa Delorey and 27-year-old Chad Moore, the police spokesman said.

The two co-accused are also charged with stolen property possession under \$5,000.



Jimmy Melvin Jr. METRO FILE

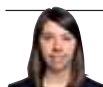


Miguel Aboud, 13, and Elias Habib, 14, pose for a photo prior to the start of the annual Lebanese Festival last year. HALEY RYAN/METRO

Crowds shawarm to Lebanese Fest

CULTURE

Events, food, fun kick off Thursday in Halifax



Haley Ryan
Metro | Halifax

Lebanese dishes, dancing and music are set to take over the Olympic Hall this weekend.

In its 14th year, the Lebanese Festival in Halifax on the corner of Windsor and Cunard streets kicks off Thursday afternoon with trivia and

folk dancing before the opening ceremonies at 7 p.m., and runs until Sunday evening with free admission.

"Every Lebanese food you could dream up, it's there," festival spokeswoman Nicole Khoury said Wednesday about favourites like chicken shawarma, tabouli, hummus, and zaatar prepared on a saj.

Sweets like baklava, knafe and maamoul are always popular, Khoury added.

This year, Khoury said the festival will also have a breakfast sandwich option with cheese on the zaatar, instead of the regular sesame dressing.

"It's kind of like our version



Now we're not celebrating for us, we're celebrating for the whole city because Halifax has embraced the culture ... For us, this is our way of saying thank you and celebrate with us.

Nicole Khoury

of a grilled cheese," she said.

Besides the always-popular food options, Khoury said organizers have also tried to add more music and dancing performances than ever to this year's lineup, including "teach me how to Dabke" Lebanese dance lessons, some The Voice-style singing competitions,

cooking competitions, lip sync battles and an open-air party with live music every night except Thursday.

There are also game show events such as Minute to Win It, trivia, folk dances with performers from junior to senior levels, backgammon, and tours of St. Antonios Orthodox

Church.

During the opening ceremonies, Khoury said they're expecting local dignitaries including Premier Stephen McNeil, which marks the first time the Nova Scotia government leader has stopped by.

There is also a children's section with bouncy castles, while Khoury said a superhero and princess tea party are also planned.

"The food is amazing every year, but people don't realize how much more we have to offer," Khoury said.

"We've been really focusing on our entertainment value."

Although the festival began in 2001 as a way for

+ SCHEDULE

Visit lebanesefestival.ca for a full schedule.

the Lebanese community to celebrate together and form "a home away from home," Khoury said now it's turned into something much bigger.

"Now we're not celebrating for us, we're celebrating for the whole city because Halifax has embraced the culture," Khoury said.

"For us, this is our way of saying 'thank you' and celebrate with us."

RECOGNITION

Police officer lauded for youth programs

A Halifax Regional Police officer is being recognized for his community involvement and interaction with young people in the Sambro and Spryfield areas.

Const. Andrew Conrad received the 2014 John Dunlop Memorial Award this past Monday from the Nova Scotia Criminal Justice Association.

For the past seven years, Conrad has mentored youth at the Spryfield Boys and Girls Club, where he has recruited many of them to participate in the HRP Sports Pals program. He also works with the Spryfield Single Parents Centre, helping collect new titles for its yearly "book bonanza."

Conrad has also been pivotal for Chebucto Connections, finding dresses and suits for teens heading to prom who couldn't otherwise afford formal wear, and for four years participated

+ BACKGROUND

The award's namesake was a regional supervisor with the province's correctional services. He died in 1977 at the age of 42 and is remembered for his dedication to helping young people and furthering community programs.

on behalf of police in the IWK Child Safety Link national pilot project focused on vehicle safety.

"Halifax Regional Police commends Conrad on receiving the prestigious John Dunlop Memorial Award," the news release said. "We're very proud of everything he has accomplished and continues to undertake in his current role as community response officer." METRO

IN BRIEF

Striking Halifax Water workers back at bargaining table with utility

Negotiations between Halifax Water and the union representing more than 300 striking employees are set to begin Thursday morning.

A spokesperson with the utility confirmed Wednesday that talks are set to resume between both parties, although a media blackout has been mandated.

Workers with CUPE Local 1431 have been off the job now for eight weeks over an ongoing dispute between the union and utility after proposed changes to pensions were introduced that employees said would lose them thousands of dollars.

METRO

Helicopter makes emergency landing in Halifax-area cul de sac

A Sea King helicopter is back at a Halifax area military base after making an emergency landing on a cul-de-sac.

Lt. (N) Len Hickey says the helicopter was conducting a routine training flight Tuesday morning when it experienced a drop in hydraulic pressure in its flight control system.

Hickey says as part of its standard operating procedure, the helicopter made a precautionary landing in a cul-de-sac in the Gammon Lake area of Mineville. Hickey says the aircraft safely landed and there were no injuries among the four crew members. THE CANADIAN PRESS



Sharon Jones and the Dap-Kings kicked off this year's Halifax Jazz Festival on Wednesday night. JEFF HARPER/METRO

Spectacle of soul

HALIFAX JAZZ FESTIVAL

Sharon Jones debuts on Nova Scotia stage

Aly Thomson
Metro | Halifax

With her glittery blue dress, swing-style dance moves and mighty voice, Sharon Jones doesn't just put on a show — she puts on a spectacle.

The rain held off Wednesday night as hundreds of people packed a parking lot on the waterfront for the opening night

of the Halifax Jazz Festival to hear Sharon Jones and the Dap-Kings.

Kicking things off were the Dap-Kings with an instrumental song, followed by a few tunes from Jones' backup singers Saun and Starr, who recently released an album called Look Closer.

And then finally, donning a flashy dress donned with blue and white fringe, Jones exploded onto the stage for her debut show in Nova Scotia. She accepted a bouquet of pink flowers from an audience member before launching into Stranger To My Happiness from their album Give The People What They Want, which earned the band a Grammy nomination for best R&B album.

The singer didn't stop moving during the entire show, leading a rousing dance party featuring hundreds of happy concert goers.

"We're going to take this to the grapevine," Jones declared, hailing a deafening roar from the crowd before taking on Marvin Gaye's I Heard It Through The Grapevine.

The 10-piece band, clad in snazzy suits, was perfectly capable of propelling Jones' powerful roar throughout the evening, treating the audience to tight licks and funky beats.

Sharon Jones and the Dap-Kings are a religion-of-sorts for soul fans in the 21st century. Inspired by the soul music of



We're going to take this to the grapevine.

Sharon Jones on-stage

the 1960s and '70s, the band upholds traditions of its predecessors, seemingly focusing on their musicality rather than their marketability.

It's an honourable approach in an age when the struggling music industry is flooded with monotonous pop songs. But soul music was alive and well in Halifax on Wednesday.

STRATEGY

Opposition calls for inquiry into mental health system



PC leader Jamie Baillie with mental health advocate Lianne Griffin and PC MLA Allan MacMaster. ZANE WOODFORD/METRO

Zane Woodford
Metro | Halifax

Nova Scotia's mental health system has failed Lianne Griffin, she told a news conference Wednesday.

"Not only has it failed my family on many occasions, but every single person that I've spoken to — whether through my group or my personal life — has had nothing but very appalling stories," she said.

Griffin's brother has mental health issues, and she described her experience taking him to the hospital.

"I don't think that there's ever

been one experience where I've went to the hospital or dealt with any type of situation with my brother where I've left thinking, 'Oh, they did a great job.' Not once," she said.

Griffin was at Province House on Wednesday speaking before Progressive Conservative leader Jamie Baillie, along with Progressive Conservative MLAs Allan MacMaster and John Lohr.

Baillie called on Premier Stephen McNeil and the Liberal party to launch a public inquiry into the mental health system in Nova Scotia.

"No more whispering in the dark, no more hiding from ourselves," he said.



A public inquiry can undertake an honest, thorough and independent assessment of the mental health system.

PC leader Jamie Baillie

"This is not about developing a way forward for those with mental illness, this is about developing a way forward with those with mental illness."

But advocates are skeptical of more reports.

"Let's implement more of the recommendations from that (2012) strategy, rather than re-inventing the wheel," said Eating Disorders Nova Scotia co-

ordinator Shaleen Jones.

"We need to see changes in the way funding is allocated and the way decisions are made across silos to really have a lasting impact on mental health in our province."

Health minister Leo Glavine said the mental health strategy from 2012 is "moving forward very well," and there's no need for a public inquiry.



Harm reduction testing won't be available to Evolve festival-goers. The on-site testing would have ensured drugs such as ecstasy, that are used by people in attendance, are not laced with more harmful substances. CHRIS SMITH/CONTRIBUTED

Evolve is on, but drug testing isn't

FESTIVALS

Organizers had hoped to offer safer use after past problems



Zane Woodford
Metro | Halifax

The Evolve Festival in Antigonish this weekend will go ahead, but concert-goers won't be able to have their drugs tested on site, as the organizers had wanted.

"I signed a waiver that says we wouldn't do any of the sort at Evolve this year," said producer Jonas Colter Wednesday afternoon.

On Tuesday, Colter's insurance company told him it couldn't insure him if he was going to provide drug testing for people at the festival.

Now, he's found a new insurance underwriter, but he still can't provide the service, which he calls harm reduction.

"It's like an elephant in the room," Colter said of drug-use at the festival. "Nobody wants to talk about it, but we decided to."

The testing he had planned to offer would have told festival-goers what the majority ingredient in their pills or powder was. That means if someone bought ecstasy, they'd be able to find out if it's ecstasy, or something

like PCP or bath salts — drugs that Colter said create problems at the festival.

To Kings North PC MLA John Lohr, that would mean the festival is condoning drug use.

"They should've taken the position that they wanted to eliminate the drugs from the event, rather than encourage the drugs in the event," he said Wednesday. "These drugs are illegal because they are inherently dangerous to use."

Colter said the rules of Evolve don't permit drug use, but it's something the festival and the police have dealt with for years.

"Last year there were some people who were doing unknown drugs ... that were making them temporarily aggressive [and] psychotic that had to be restrained and police had to be called in," Colter said. "If we could weed out the especially dangerous drugs

at the festival ... I think that is to everyone's favour, including the RCMP."

Lohr doesn't see it that way.

"If the events were drug-free I think the police would have less strain on their system," he said.

Colter said at other festivals, like Shambhala Music Festival in British Columbia, this kind of harm reduction policy is working.

He said he'll try to implement that policy for next year, and find an insurance provider who will still cover the festival.

But for now, "Evolve's a go and that's what's most important."

POLICE

Dartmouth man, 18, stabbed, hospitalized

Police and paramedics rushed to a Dartmouth neighbourhood after receiving a call about a stabbing Wednesday evening.

Halifax Regional Police Staff Sgt. Andrew Matthews said the 18-year-old man who was stabbed on the 100 block of Primrose Street suffered "non-life threatening" injuries. Emergency personnel arrived on scene just before 5 p.m., a police news release said.

"Once emergency services arrived they found a male who was suffering a stab wound," the release added.

An ambulance transported the victim to the Queen Elizabeth II Health Sciences Centre in Halifax. Investigators were still on scene Wednesday night, and had few new details by the time of publication.

KRISTEN LIPSCOMBE/METRO

IN BRIEF

Highway closed after oil spill

A section of Nova Scotia highway was shut down Wednesday evening due to a leaking fuel tanker.

Colchester District and Pictou District RCMP said police and the provincial department of transportation and infrastructure renewal responded to a report of a tractor trailer spilling fuel on a stretch of Highway 104 shortly after 4:30 p.m.

"A fuel tanker carrying

marine fuel developed a leak in one of its tanker compartments," an RCMP news release said.

A hazmat team from the New Glasgow Fire Department and the Central West River Fire Department were still cleaning the scene Wednesday night.

"First responders will be diverting eastbound traffic at Exit 18A for the next couple of hours," police said.

KRISTEN LIPSCOMBE/METRO

BY-ELECTION
Dartmouth South



Advance Poll

Electors in the Electoral District of **Dartmouth South** who choose to vote before election day, July 14, 2015 may do so at an advance poll.

Dates and times:

Friday, July 10, 2015

Saturday, July 11, 2015

10 am to 8 pm

10 am to 8 pm

Location:

The polling locations of the advance poll are given on the Voter Information Card (VIC) sent to your home. If you have not received a card, please contact the returning office at 1-844-229-5614.

You can still be added to the List of Electors at the polls and vote. You must be:

- 18 years of age or older on **July 14, 2015**
- A Canadian citizen
- A resident of Nova Scotia since **December 12, 2014**
- A resident of **Dartmouth South**

It is helpful but not mandatory that you bring identification with you to register.

Special and advance polls are held in premises accessible to those with a physical disability.

Voters requiring special assistance

Voters who require special assistance to vote and who unable to go to their polling station may vote by write-in ballot. These voters may appoint an agent to receive and return their write-in ballot on their behalf or request that a write-in ballot coordinating team deliver the ballot kit to them. A write-in ballot is a blank ballot on which you write in the name of the candidate for whom you are voting, or choose the party you wish to support. Write-in ballots are available from your local returning office. If you are not on the voters list and would like to vote by write-in ballot, you can be added to the list using the same application you complete to request a write-in ballot.

For information contact Elections Nova Scotia

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Richard Temporale
Chief Electoral Officer
July 7, 2015



'Summer of the Khyber'

BACKSTAGE PASS

Group pushing to save historic Barrington Street building

Aly Thomson
Metro | Halifax

Behind the brick walls and arched windows of a 127-year-old building in downtown Halifax is a defunct art studio, rehearsal space, recording studio, night club and community centre.

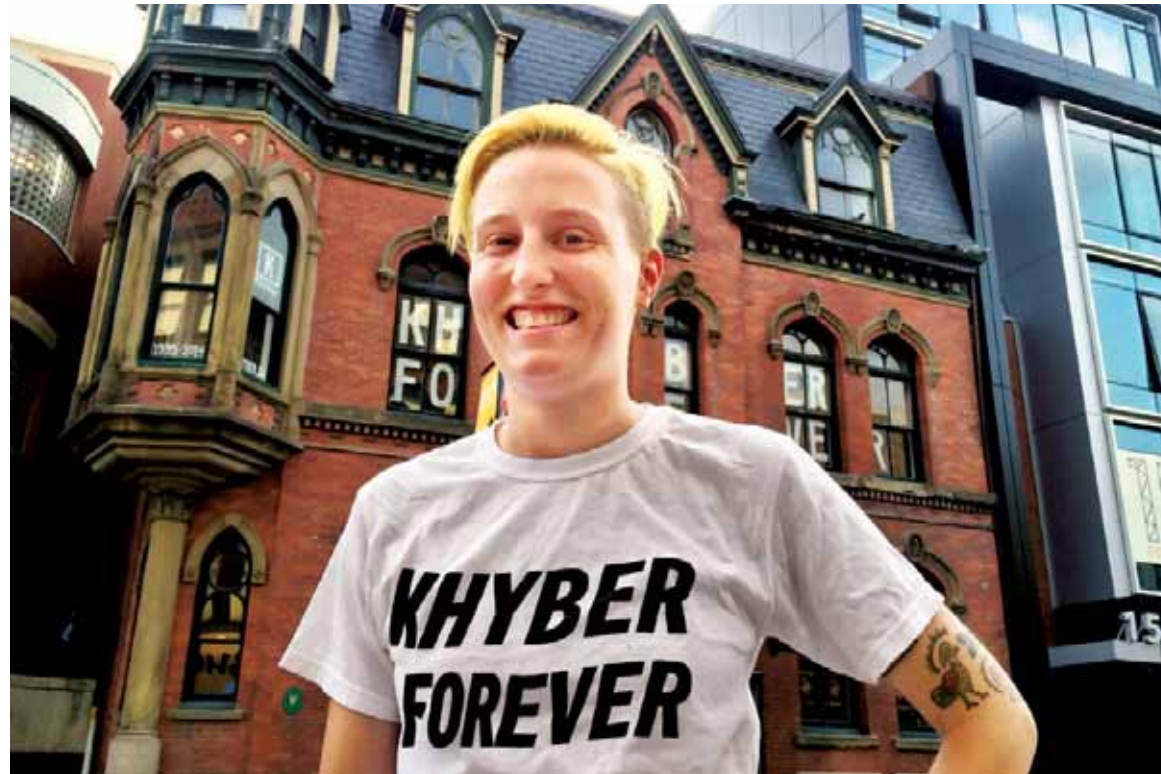
It's where Joel Plaskett met his wife. It's where the acclaimed singer-songwriter recorded his first album with the Emergency. It's where Halifax's arts and LGBTQ communities have gathered for years.

But the iconic and once thriving Khyber building on Barrington Street is empty — its rich history locked inside.

A group called the Friends of the Khyber is hoping to change that.

Together with the Khyber Arts Society and Neptune Theatre, the group has declared the next several months the "Summer of the Khyber" in an effort to build awareness and convince Halifax regional council to help save the city-owned space.

"There's something so special about the way it has



Emily Davidson of the Friends of the Khyber stands in front of the Khyber building on Barrington Street in downtown Halifax on Monday. ALY THOMSON/METRO

jump-started all this energy in Halifax that I truly believe wouldn't have happened in a different space," Emily Davidson of the Friends of the Khyber said on the front steps of the building Monday.

"The way communities have convened here, I think it sparks imagination in a

way that sometimes shiny new buildings just don't."

Built in 1888 by the Church of England Institute, the Khyber has had countless incarnations over the years, including a bookstore and café. It was also one of Canada's first gay nightclubs: The Turret.

More recently, it has acted

as a hub for the arts in Halifax, hosting music shows, art exhibitions and more.

Today, a sign recognizing the building's heritage status sits ironically near a cracked display case advertising an event from 2014.

A multitude of renovations need to be done before the doors of the arts incubator can reopen, including making the structure accessible, Davidson said.

It was vacated about 18 months ago because of asbestos concerns. It then ended up on the city's surplus list last year.

But thanks to a motion from area Coun. Wayne Mason, council agreed to

66

So much of my history in the music scene is tied to that building.

Musician Joel Plaskett

take it off the list and later agreed to look at a proposal to preserve the site.

Now, Davidson's group is working with architects to build a viable plan to present to council in October. This, amid summer fundraising and awareness campaigns.

Plaskett is set to play a benefit concert for the Khyber Building Fund at the Shore Club in Hubbards on Sept. 4.

Plaskett has long been an advocate for the Khyber. He recorded his album *Down at the Khyber* in various spaces throughout the edifice and filmed a Thrush Hermit music video there, where he met his wife Rebecca in 1994.

"The reactivation of the Khyber... is a cause very close to my heart. So much of my history in the music scene is tied to that building," Plaskett wrote in a recent blog post on his website.

"There is not another building in Halifax or even Nova Scotia that connects the arts, music, LGBTQ and theatre communities like the Khyber has. It is ... one of the most historic and iconic buildings in the entire city."

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COURT

Witness to fatal shooting says his life is now in danger

The main witness to a fatal shooting last month in Reserve Mines now says he fears for his life and accuses Cape Breton Regional Police of failing to offer the protection they promised.

Norman MacIntyre, 42, was present June 25 at a Reserve Mines residence when Brandon Kelly, 24, was fatally shot.

MacIntyre said since the shooting, there have been two incidents of people showing up at his home with weapons, wanting to get at him. He said he reported the first incident to police and gave a statement. At the time, he said, officers offered extra patrols in and around his Sydney home.

However, MacIntyre said he never reported the second



Norman MacIntyre
CAPE BRETON POST

incident because police did so little on the first.

In both instances, MacIntyre said he was able to clear the people away from his home with the aid of a baseball bat and a knife.

"But what happens if I end up hurting or killing someone?

Police will certainly be there to charge me.

"I am scared to go anywhere and people are scared to come to my home, fearing they could be involved," he said, adding he has become extremely nervous and anxious, fearing some peril will be coming his way.

"Police told me they would protect me and my family but they are doing nothing. One officer told me I was jumping to conclusions."

Brandon James Berthiaume, 24, of Ben Eoin, is now charged with first-degree murder in Kelly's death. Berthiaume's mother, Jennifer Lynn Chisholm, 45, is charged with being an accessory after the fact to murder.

CAPE BRETON POST



TOO HOT TO TROT? NEEDS TO BE ABOUT 20% COOLER

Two horses nuzzle together at the Halifax Junior Bengal Lancers paddock on Wednesday. Temperatures were a little cooler Wednesday, and Environment Canada is calling for sun until the weekend. JEFF HARPER/METRO

EMPLOYMENT

Irving aims to steal back oilsands workers

An East Coast company is putting a twist on the usual job recruitment strategy, coming to Alberta's oilsands capital in an effort to lure workers back to the Maritimes.

Irving Shipbuilding is hosting a one-day job fair in Fort McMurray to hire as many as 200 journeymen, welders, pipefitters, fabricators and iron workers.

The company recently won a \$25-billion contract to build

ships for the Royal Canadian Navy, a deal the federal government has said will provide full-time work in the region for 30 years.

Mary Keith, vice-president of communications for parent company J.D. Irving Ltd., says there are many Maritimers with the experience and skills they need who had moved to Alberta for oil jobs.

Keith says there are probably a number of Albertans who

also "might like to try life on the East Coast."

Irving's jobs could be a big draw in Fort McMurray, where unemployment has surpassed the national average and is more than double what it was this time last year.

At Irving's recent job fair in Halifax, Keith says, a handful of the 600 job hunters who showed up had come directly from the airport after returning from Alberta, where they've

7,900

J.D. Irving Ltd. expects to make 7,900 hires from now until the end of 2017.

been working.

Their families drove them to the fair in hopes they'd get a job that would bring them home. THE CANADIAN PRESS

Mall-plot testimony continues

COURTS

Pair accused of planning an attack on Valentine's Day

A second day of testimony has ended at the preliminary inquiry for two people accused of plotting to attack a Halifax shopping mall.

Twenty-three-year-old Lindsay Kantha Souvannarath of Geneva, Ill., and 21-year-old Randall Steven Shepherd of Halifax are each charged with conspiracy to commit murder, conspiracy to commit arson, il-

legal possession of dangerous weapons and making a threat through social media.

None of the allegations have been proven in court.

The inquiry, which is subject to a publication ban that prohibits reporting what is heard in Halifax provincial court, will resume on July 23.

Both defence lawyers have said outside court there is enough evidence to proceed to trial.

The Crown alleges the two accused, along with a 19-year-old man found dead in his Halifax home, had planned to attack the Halifax Shopping Centre on Valentine's Day.

THE CANADIAN PRESS



Lindsay Kantha Souvannarath, left, and Randall Steven Shepherd at Halifax provincial court for a preliminary hearing Wednesday. ANDREW VAUGHAN/THE CANADIAN PRESS

INSIDEWALK
SALE

Step inside and save!

FRI, JULY 10TH TO SAT, JULY 25TH

PARK  LANE

SHOPPARKLANE.CA 

+ BIO

Toronto 2015 will be Adam van Koeverden's first appearance at the Pan Am Games. He is scheduled to race in the K-1 (single kayak) 1,000-metre race.

Born: Toronto, Ont., January 29, 1982

Educated: McMaster University (honours bachelor of science in kinesiology), 2007

Olympic Medals:

Gold: K-1,500 metres, Athens 2004

Silver: K-1,500 metres, Beijing 2008; K-1 1,000 metres, London 2012

Bronze: K-1 1,000 metres, Athens 2004

World Championship medals:

Gold: K-1, 500 metres, 2007; K-1 1,000 metres, 2011

Silver: K-1 1,000 metres, 2003; K-1 1,000 metres, 2005; K-1 1,000 metres, 2007

Bronze: K-1 1,500 metres, 2005; K-1 1,000 metres, 2009; K-1,500 metres, 2010

FAVOURITE FOR GOLD

Unlike a lot of sports that are dominated by Americans, van Koeverden's biggest competitors are European — and they're not in the Pan Am Games.



Adam van Koeverden at the Burloak Canoe Club, Oakville, Ont., on July 2. LIZ BEDDALL/METRO



LIZ BEDDALL/METRO

METROTALKS ADAM VAN KOEVERDEN

In the latest of a series of conversations with influencers, we visit with the **champion kayaker** before the Pan Am Games

HIGH HOPES FOR HOMETOWN HERO



Gilbert Ngabo
Metro | Toronto

Adam van Koeverden is excited that the 2015 Pan Am Games have come to Toronto — and not just because of the competition.

When Metro paid a visit to the star kayaker's morning training session at the Burloak Canoe Club in Oakville, Ont., a little over a week before the Games' official kickoff, the Toronto native said he's already thinking about the Games' enduring legacy.

As a two-time world champion four-time Olympic medalist (yes, there's a gold in there), he knows from experience that major sporting events are bigger than sports. When China hosted the 2008 Olympics, where he won a silver medal in K-1 (single kayaker) 500-metre event, the hot topic was the country's human-rights record. It was "a good thing" that the world talked about those issues because of the Games, he said.

The Greater Toronto Area might not have that kind of reputation to contend with, but, van Koeverden said, the Pan

Am Games is an opportunity to improve infrastructure, city planning, traffic and transportation issues — and not just in Toronto proper, either.

"You can call these the Golden Horseshoe Games," he said. "They benefit the entire region. It's what made the original bid so attractive. When you get an Olympics or the Pan Am Games, all of the issues that were on the back burner get done."

Citing the recent completion of an express rail line between Toronto's Pearson Airport and downtown's Union Station as a case in point, van Koeverden also

mentioned the two most pressing transit issues in Toronto: Expansion of the city's subway system and modernization of the elevated Gardiner Expressway.

"If we get the Olympics, guess what? I bet they're done. That's what it takes — something; a deadline."

Van Koeverden has high hopes for his hometown.

Citing, with evident pride, the city's multicultural composition, he said he would like his sports peers to get out of the athletes' villages and experience the wider city.

"I think one of our greatest



I hope that after the opening ceremonies the city erupts.

Adam van Koeverden

assets is our neighbourhoods," he said. "When my Romanian friend visited I took him to Spadina for soba noodles.

"A Romanian, in Chinatown, for Japanese noodles. That's Toronto."

How a gold-medal kayaker trains



Fernando Carneiro
Metro | Toronto

Two weeks before competition Adam van Koeverden went to a bar. He had a soda and left at 9:30 p.m.

Practice isn't everything, he says. Recovery is just as important.

"It's something people don't

recognize — training breaks down your body. Rest builds it back up," van Koeverden told Metro in an interview following practice at the Burloak Canoe Club in Oakville, Ont.

He does drink alcohol, eats whatever he wants and does stay up late. But this close to competition, he adjusts his routine.

Here's what his days are like:

6 a.m.: The alarm clock goes off. Maybe he'll hit snooze be-

fore having a coffee and a banana or yogurt.

6:30 a.m.: He starts the drive to Oakville and, no, he doesn't get to drive on the HOV lanes. He's stuck in traffic with the rest of the hapless commuters, listening to CBC radio.

7:30-ish: Van Koeverden hits the water for a two- to 2.5-hour practice session. This is considered short. "This close to competition, I'm past the ex-

treme endurance phase," he says.

9:30-ish: Once practice is done, it's time to put away the kayak. At this time of the year the Burloak Canoe Club is full of children at summer camp. "They look at me and wonder, 'Who's this old guy?'" the 33-year-old Van Koeverden said.

10 a.m.: Sporting shorts and a T-shirt, van Koeverden drives to Whole Foods in Oakville for

breakfast. This is his reward for a hard morning of paddling. The cashier knows him, not as an athlete, but as a regular customer. Last Thursday he ordered a breakfast sandwich with a side of bacon, having given up his brief stint with vegetarianism. "I'm not obsessed with my diet, as most people are — non-athletes and athletes alike. It's the new religion, I think. There's being mindful and thoughtful

about what you eat, and then there's being like, proselytizing about what you eat, and blogging about what you eat, and taking pictures of your food constantly. I just think there's something wrong with that."

Afternoon: Van Koeverden goes to the gym about two to three times a week. At least once a week he goes for a jog, saying the highlight of his week was his Sunday morning run.

AVK's 3 Canadians to watch

BASKETBALL

"Basketball is one of the most accessible sports and you get an excellent cross-section of youth."

MARK OLDERSHAW, SPRING CANOEIST

"He just got married, had a pretty good world cup and he's our flag bearer. This is the 'Summer of Mark.'"

ANDRE DE GRASSE, SPRINTER

"What more do people look forward to than the 100-metre sprint?"



Adam van Koeverden trains at the Burloak Canoe Club in Oakville, Ont., on July 2. LIZ BEDDALL/METRO

ACCESSIBILITY

Build it and they will come, says Olympian

Melita Kuburas
Metro | Toronto

At 8 a.m. on a weekday in the summer, school's out and Adam van Koeverden's home canoe club is bustling with teenagers. About a dozen of them with concerted faces paddle by in a war canoe — likely those who are striving to be champions. Others are likely just there to splash around because their parents want them to, but that's great too, van Koeverden says.

Van Koeverden, who studied cultural and socio-economic barriers to sports as part of his kinesiology program at McMaster University in Hamilton, Ont., recognizes that in most places in Canada, due to a lack of funding and infrastructure, kids don't have such easy access to sports equipment and facilities. That's something he hopes will change, in part thanks to large-scale events like the Pan Am Games.

"It takes a community to create a community sports program," he said. "It doesn't take just one person. It takes a lot — and the upkeep, and the sustainability of it is really based on people and their hard work."

But before you bring a group of people together to work towards a common goal, he said, you need a place for them to be: a facility. And that's why investing in sports infrastructure matters, he said.

His canoe club, formerly known as the Oakville Racing Club, was founded in 1974 by sprint paddler Bill Collins. It was established on an old sewage-treatment plant that the town no longer had any use for.

They've come a long way since then. The aquatics centres, gymnasiums, fields and bike parks built for the Pan Am Games are going to have a lasting impact on Toronto and the surrounding area, van Koeverden said, pointing to the Toronto Pan Am Sports Centre (TPASC) facility in Scarborough, which includes two Olympic-sized swimming pools, a running track and a diving platform.

"As long as we install all the necessary infrastructure and resources post-Pan Am in that place, then I guarantee there'll be an Olympic swimmer from Scarborough," he said. "And if there's one Olympic swimmer, it means that there are 3,000 kids who are swimming. And that's the important thing."

On Americans who might consider going into paddling

I would tell them to go for a sport that offers scholarships and a paycheque.

On Pan Am's marketing

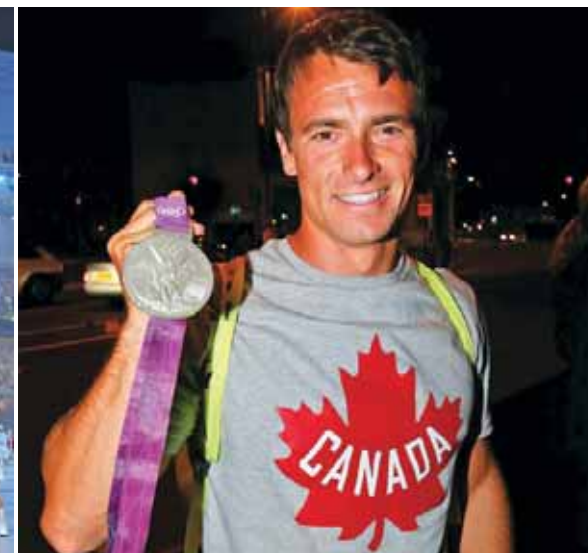
There aren't enough posters. Kinky Boots has more posters than the Pan Am Games.

On how we started paddling

My mom was concerned I was going to find trouble after school. Canoe club was her solution.



Adam van Koeverden, left, leads the Canadian delegation during the opening ceremony of the 2008 Beijing Olympic Games. Right: Van Koeverden shows off his Olympic silver medal after the London Games in 2012. GETTY IMAGES



HEALTH CANADA

New rules govern medical marijuana

Medical marijuana users can legally consume other forms of the drug beyond the traditional dried version under new Health Canada rules that follow a recent ruling by the Supreme Court of Canada.

The department says licensed medicinal marijuana producers can now produce and sell cannabis oil and fresh marijuana buds and leaves as well as the dried form.

But they'll have to comply with the same terms and conditions on dried marijuana including making sure the product is shipped in child-resistant packaging as well limiting the amount of the active ingredient in the drug.

Health Canada says while the courts require reasonable access to a legal source of medical marijuana, the government's position is that it must

be done in a controlled fashion to protect public health and safety.

The directive expanding access is the government's response to the top court ruling in June that expanded access to the drug.

The court said that limiting medical consumption to dried pot infringed the liberty protections of the Charter of Rights and Freedoms.

THE CANADIAN PRESS

“Restricting medical access to (marijuana) to its dried form is inconsistent with the Charter ... Supreme Court ruling

VANCOUVER ISLAND

Orphaned bears remain in limbo

The fate of the two bear cubs spared by a conservation officer on northern Vancouver Island remains unclear.

B.C. Conservation Officer Service Insp. Chris Doyle says the cubs show signs of being habituated to humans and that animals that come into conflict with people are usually destroyed.

Conservation officer Bryce Casavant was suspended after he reportedly refused an order to euthanize the eight-week-old cubs last weekend.

The bears were orphaned when their mother was killed for breaking into a meat freezer inside a mobile home in Port Hardy.

The North Island Wildlife Recovery Association's Robin Campbell says the officer made



The orphans. THE CANADIAN PRESS

the right decision not to kill the cubs because they only came back to the property looking for their mother, are healthy and remain afraid of people — like normal bears. THE CANADIAN PRESS



FIRST NATIONS BLANKETED WITH GIFTS Environmentalist David Suzuki receives gifts from Chief Shane Gottfredson, left, and National Chief Perry Bellegarde at the Assembly of First Nations meeting in Montreal. RYAN REMIORZ/THE CANADIAN PRESS

Bar radicals from Canada: Senators

SECURITY

Training and certifying imams among suggestions

The federal government should outlaw membership in a terrorist group, bar radicals from Canada and look at forbidding the glorification of extremists to protect the Canadian way of life, a Senate committee says.

The Senate security and defence committee also recommends creation of a “wanted terrorist” list and urges the gov-

ernment to explore options for training and certification of imams in Canada.

In addition, it calls on the government to work with Muslim communities to create “an effective counter-narrative” to denounce the ideology of Islamist fundamentalism.

These are among 25 recommendations in the committee's interim report flowing from nine months of hearings on security threats facing Canada.

The report examines terrorist recruitment, operations, financing, prosecutions and other aspects of what it calls the genuine threat of violent extremism.

Canadians must tackle the

“We must find every resource ... to defeat a most uncivilized force.”
Senate committee report

issue in a thoughtful, balanced way without undermining the values “that make us great,” the report says. “Our goal is to lessen the risk to all Canadians, including the risk to vulnerable young Canadians who might be lured to extreme ideas and violent action.”

The report represents the

views of the Conservative majority on the committee, but lacks the backing of Liberal members.

“We cannot try to appease this threat that we face,” Conservative Sen. Dan Lang, the committee chairman, said in an interview.

One recommendation takes aim at groups that invite foreign nationals with extremist views to speak to impressionable youth. It urges the government to establish a publicly accessible list of “ideological radicals” deemed to be a security threat, prohibiting them from visiting Canada.

THE CANADIAN PRESS

HUNGARY

Signs mock anti-immigrant posters

Hundreds of crowd-funded derisive billboards with messages like “Sorry for our prime minister” and “Come to Hungary, we've got jobs in London” have been plastered across the country to counter the Hungarian government's anti-immigration campaign.

Gergely Kovacs, president of the humorous Two-Tailed Dog Party, said Wednesday that over 7,000 people donated 33.3 million forints (\$115,000) for the campaign organized jointly with

Atlatzo.hu, a group of investigative journalists. “We would like to offset the government's hate campaign,” Kovacs said while standing near a billboard saying “I survived the Hungarian anti-immigration campaign!”

Facing an unprecedented number of migrants and refugees — 73,000 so far this year — Prime Minister Viktor Orban's government has put up billboards with slogans like “If you come to Hungary, you cannot take Hungarians' jobs.” THE ASSOCIATED PRESS

ECONOMIC CRISIS

Greece asks for three-year aid program

Greece requested a new three-year rescue program from its European partners on Wednesday and rushed to complete a detailed plan of economic reforms in time to avoid the country's descent into financial chaos.

With the banking system teetering on the edge of collapse, the government sought to reassure its European creditors that it would enact tax and pension reforms quickly in exchange for loans from Europe's bailout fund, the European Stability Mechanism.

In its formal request to tap

the fund, the Greek government said it would “immediately implement a set of measures as early as the beginning of next week.”

After months of fruitless negotiations with the Greek government, the skeptical European creditor states have said they want to see a detailed, cost-accounted plan of the reforms by Thursday. That is meant to give the creditors enough time to review the plan before leaders of the European Union's 28 countries meet on Sunday in what has been termed as

Greece's last chance to stay in the euro.

In the letter, the Greek government said it was aiming to be able to finance itself once the new aid program is over in three years.

Without a deal, Greece faces an almost inevitable collapse of the banking system, which would be the first step for the country to fall out of the euro.

Markets are holding up despite the apparent ultimatum, with many investors predicting a last-minute deal. The Stoxx 50 index closed up 1 per cent.

“Guarded optimism is the theme today, as the eurozone gives Greece one final deadline,” said Chris Beauchamp, senior market analyst at IG in London.

Prime Minister Alexis Tsipras, addressing lawmakers at the European Parliament, said his country is seeking a deal that would bring a definitive end to Greece's financial crisis. Greece has had two bailouts from its European partners and the International Monetary Fund since May 2010, totalling 240 billion euros (\$260 billion).

THE ASSOCIATED PRESS

Fit tracker interest wanes

HEALTH

Sales are strong for devices like Fitbit, but users lose enthusiasm

Deepak Jayasimha's fitness tracker is now with his father-in-law in India, where it sits unused. Annabel Kelly foisted hers off on the kids. Virginia Atkinson took hers off to charge the battery and hasn't picked it up since February.

Although sales of Fitbit and other fitness trackers are strong, many of their owners lose enthusiasm for them once the novelty of knowing how many steps they've taken wears off. One research firm, Endeavour Partners, estimates that about one third of these trackers get abandoned after six months. A health care investment fund, Rock Health, says Fitbit's regulatory filings suggest only half of Fitbit's nearly 20 million registered users were still active as of the first quarter of 2015.

"The question for investors is how long the market will



Sales for fitness trackers such as Basis Peak, Adidas Fit Smart, Fitbit Charge, Sony Smartband and Jawbone Move have been strong, however one research firm says one-third of users lose enthusiasm for them after six months once the novelty wears off. BEBETO MATTHEWS/THE ASSOCIATED PRESS

continue to grow at this rate, and whether Fitbit can execute on growing engagement before ... the number of devices sold per year reaches saturation," Malay Gandhi, a managing director at Rock Health, wrote on a blog.

Abandonment affects all manufacturers of fitness trackers, which are relatively cheap at about \$100 and are com-

The question for investors is how long the market will continue to grow at this rate.

Malay Gandhi, Rock Health managing director

monly given as gifts. Fitbit gets the spotlight because it started trading publicly last month and has 76 per cent of the U.S. market share by revenue, up from 64 per cent a year earlier, according to the NPD Group.

Investors and analysts are bullish on Fitbit's prospects. Its stock value has more than doubled since the initial public offering. Analyst William

Power at Baird Equity Research said Fitbit had room to grow worldwide, as only a quarter of its revenue came from outside the U.S. last year. Power also wrote that Fitbits remain popular among employers and insurance companies looking for ways to keep people healthy. Fitbit is also profitable, earning \$132 million last year on revenue of \$745 million.

The company's market valuation of \$8.6 billion is high compared with earnings so far, which could point to enormous growth potential — or simply overvaluation.

Fitbit now has competition from Apple Watch and other smartwatches that do what fitness trackers do and more, such as showing news updates and boarding passes for flights.

If people aren't using their trackers, they won't recommend them to friends and family or upgrade when a new model comes out, said Dan Ledger, an analyst at Endeavour Partners. They also won't pay for premium subscription packages, a potential growth area for Fitbit.

Fitbit had no immediate comment. THE ASSOCIATED PRESS

IN BRIEF

Sherson Group files for bankruptcy protection

Shoe distributor Sherson Group Inc., which operates Nine West retail stores in Canada, has filed for bankruptcy protection with the Ontario Superior Court.

Court documents say the Toronto-based company owes \$32.2 million to more than 60 different suppliers, lenders and businesses.

Included on the list is \$4.7 million owed in loans to the Bank of Montreal and \$19.1 million to Nine West Group Inc., the New York-based company which licences its name to Sherson Group. THE CANADIAN PRESS

market minute

	DOLLAR 78.49¢ (-0.18¢)
	TSX 14,412.07 (-212.43)
	OIL \$51.65 US (-\$0.68)
	GOLD \$1,163.50 US (+\$10.90)

NATURAL GAS: \$2.685 US (-3.1¢)
DOW JONES: 17,515.42 (-261.49)

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Lighthouse Designation and Transfer

The **Terence Bay Lighthouse**, referred to as DFRP # 02837 in the Directory of Federal Real Property, has been designated as a heritage lighthouse pursuant to the *Heritage Lighthouse Protection Act*.

In accordance with the provisions of the Act, ownership of the aforementioned lighthouse and lands is intended to be transferred to the **Terence Bay Lighthouse Committee** by fall 2015.

For more information on the designation or transfer of lighthouses, contact:

Robert J. MacDonald
Regional Director
Real Property, Safety and Security
Fisheries and Oceans Canada
Maritimes Region
(902) 426-4405
Robert.MacDonald@dfo-mpo.gc.ca



URBAN ETIQUETTE: ELLEN VANSTONE



THE QUESTION

**Is there a 'side' to sidewalks?
And other foot-traffic dilemmas
solved, just in time for summer
tourists or Pan Am crowds to hit the
streets near you.**

Wyndham Lewis, in his 1954 novel *Self-Condemned*, famously called Toronto a "sanctimonious icebox." But Lewis was a notorious misanthrope who also said, "It is more comfortable for me, in the long run, to be rude than polite" — so you can guess what I think of him.

The point is that present-day Toronto, like all cities across Canada, is a much friendlier burg than the dull, mainly Anglo-Saxon centre he once despised. And now is the chance to prove it while Hogtown hosts some 250,000 visitors expected at the Pan Am Games from July 10 to 26.

Yes, the invading hordes are bound to test our patience as they clog up pedestrian thoroughfares with their rubbernecking, sight-seeing, dawdling ways. But it's also a perfect opportunity to show off our Canadian politeness — and for me to remind you, dear reader, on proper pedestrian behaviour. Herewith, a refresher course on the basic rules of street etiquette. Is there a "side" to sidewalks?

People generally keep to the right, but all bets are off when dealing with strangers from strange lands where our right-of-way rules might not apply. When faced with oncoming meanderers, do a quick shoulder-check, step aside and let them pass. If you and your companion favour an old-fashioned approach, walk on the curb-side if you're male, a tradition that once saved ladies' dresses from mud-spattering vehicles.

Slow walkers

Few things are more frustrating than being stuck behind a gaggle of molasses-waders when you're in a

hurry. But it's perfectly all right to pass — as long as you do it without elbowing anyone aside.

Close walkers

Don't walk too closely behind anyone, breathing down his or her neck. If they stop suddenly, it's your neck that will suffer when you collide and go flying. This goes double at night, when close walking behind

checking for oncoming foot traffic. It's always tempting to "accidentally" bump into them, ensuring they'll think twice next time they fail to merge properly. But to do so would be passive-aggressive, which is the worst kind of rudeness.

Cellphone addicts

Everybody knows that texting while driving is dangerous. It's also ill-advised

faux pas if the woman finds it overly quaint. If your companion is older, however, it's always more polite — regardless of sex — to offer them the near-side door and then schlep to the far side so they don't have to slide across the hot, sticky seat to make room for you.

Entering and exiting store doors — who has the right of way?

Short answer: no one. Well-mannered folk will let the other person through regardless of direction, though admittedly there's a risk of getting stuck when you hold a door open for one person and 20 more follow. At some point, you may gracefully hand off the door to some other paragon of politeness and slip through a gap — as long as you don't slam the door in anyone's face while you're at it.

Revolving doors

It will surprise some readers to learn that a gentleman traditionally goes through first, a holdover from the days when women were deemed too weak to push the heavy mechanism themselves. The same rule applied to going down steps or exiting a plane, train or bus: if the lady tripped on her petticoats, the man in front would provide a cushion to her fall. Nowadays, it doesn't matter which gender takes the lead — as long as you don't cut anyone off. Most importantly, be nice.

The best advice comes from Emily Post, who wrote the book on manners in 1922. Some of her dictates were ridiculous ("Ladies should carefully avoid ... all undue liveliness in public"). But her overall rule is still absolutely relevant: Never do anything that is unpleasant to others.



Yes, invading hordes are bound to test our patience. But it's also a perfect opportunity to show off our Canadian politeness.

people, especially women, makes them feel threatened. The proper procedure in the dark is to speak up ("Hey, don't be alarmed — I'm just passing on your left") as you make a wide berth around them.

Stopping for no reason

This is my pet peeve — people who stop at the top or bottom of stairs while the rest of us pile up behind them, or those who languidly exit a store without

while walking on a busy street. Staring at your phone as you blunder down the sidewalk or cross an intersection is asking for a collision.

Getting into a car or cab

Traditionally, the man opens the door for the woman before going around and getting in the other side. As a modern feminist, I never resent the old-fashioned gesture, but it's not de rigueur, and it's an outright

ROSEMARY WESTWOOD

metroview

Great adventures make great stories: Balloon man proves it

Now there's a story.

A man sits in a plastic lawn chair attached to 100 helium balloons and floats over the Calgary Stampede grounds, in a bid to earn more business for his cleaning company by landing in the middle of the chuckwagon races.

The winds pick up, he's getting pulled off course (not that he has any contraption to keep him on course; he's on a lawn chair). As the balloons lift him higher and higher, he opts for plan B, jumps, uh, chair, and pulls chute.

Descending with a parachute, he escapes with a rolled ankle and a mischief charge. There were hundreds of thousands of people below this guy, police told the newspapers. "The last thing we want to see is anybody injured."

Or to translate: "The last thing we want to see is anybody do anything interesting." Police, our uniformed spoilsports.

But I'm with balloon man, aka Dan Boria, on this one: "It was the most fun thing I've ever done."

And it's the best "This one time..." story I've heard in awhile. The kind of story that you recount in your 80s to pick up ladies at the retirement home. The kind of story your kids tell your grandkids.

You know what doesn't

make the memory books? Always following the rules.

My parents are in town for a visit. I wouldn't call them daredevils, but then you get Dad talking about the time he sailed the Atlantic and hitchhiked across Europe.

There were the nights he figured out how to unlock London's double-decker buses, and sneaked in for a good sleep. There was the time he rescued his scooter from a mechanic's lot in France. He used to build his own boats (using his mum's best sheets).

When you're older, and the days pass with more mirrored regularity, and maybe you've lost the youthful gall to fly by helium balloons, the best things you've got are the stories of your life.

I'm already afraid for how boring I'll be. CBC Radio's *Definitely Not the Opera* is always looking for story submissions. "When did being mistaken for something you're not let you discover who you really are?" or "When did a musical instrument change your life?" or "Tell us your stories about body art!" The questions arrive every week by email. And every week, I've got nothing.

So, I clearly need to up my story-game, and I think I could take inspiration from Boria. Especially the part where he lives to tell the tale.

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H2-whoa



ACCESSORIES

Plastic water bottles are so '90s — invest in one of these beauties

Melissa Dunne
For Metro | Life



The It Accessory of Summer 2015 isn't a beach bag, or a pair of sunnies or cute sandals — it's a reusable water bottle.

Yes, the lowly utilitarian item's time has finally come again. Not that long ago, people didn't carry water around with them everywhere they went (I know, wild, right?).

Then, at some point in the '90s it became tres passé to carry around bottled water, you know, because of the environment. Nat-

gene bottles were all the rage, for a while. But plastic bottles, whether one-time use or reusable, really went out of style when there was a groundswell of worry over BPA in the late 2000s.

Enter S'well et al. While people were so over plastic (though many are now made BPA-free), there remained a thirst for bottles that are safe and stylish. Reusable bottles that keep your drinks cold are so cool right now, they are being featured in the likes of Vogue. The fashion bible featured a black S'well bottle in a list of items to put in a Céline Curve bag. We say save yourself about \$2,356 for the cost of that It Bag and buy yourself an It Bottle instead. While the S'well bottle is a hefty \$39.50 for the 500 ml, you'll quickly make your money back filling your bottle with tap water, rather than buying one-time use bottles for a few bucks a pop.

Here are some of the most stylish bottles for sale this summer:



S'WELL

These stainless-steel bottles come in a rainbow of sizes and colours, from Pink Satin to Teakwood. Get one to match every outfit. Swellbottle.com. \$39.50 for a 500 ml bottle

ASOBU

The Flavour It 2 Go bottle is BPA-free and lets you add in fresh fruit to the built-in infuser. asobubottle.com. \$13 for a 590 ml bottle



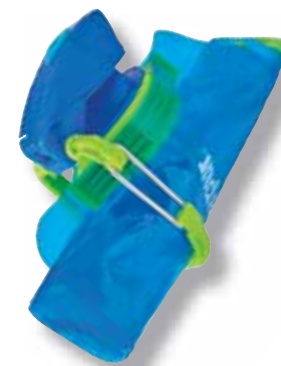
VAPUR

The Anti-Bottle bottle is perfect for the fit fashionista — it stands upright when full and flattens when empty, so you can stash it away (not that you'd want to). vapour.ca. \$16 for a 1 L bottle



BKR

The glass and silicone bottles come with quirky names, such as the Lolita in opaque blackberry. mybkr.com. \$33 for a 500 ml bottle



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Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

6 PM SIX@6 LAST NIGHT:

- 6 Elle King Ex's & Oh's
- 5 DJ ft Aluna George You Know You Like It
- 4 Andy Grammer Honey, I'm Good
- 3 Skrillex ft Justin Bieber & Diplo Where Are You Now
- 2 The Weeknd Can't Feel My Face
- 1 Fifth Harmony ft Kid Ink Worth It

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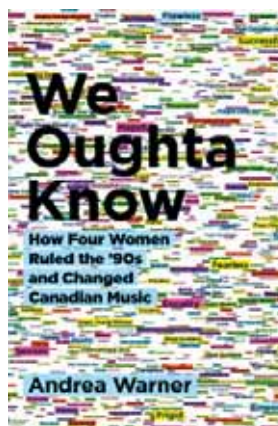
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Life

carter's | OSHKOSH
bath and bed | boy

GLOBO
SHOES

TOMMY HILFINGER

BANANA REPUBLIC
FACTORY STORE



Andrea Warner's latest book, *We Oughta Know* (inset), looks at women on top. CONTRIBUTED

Warner is here to remind you

CANADIAN MUSIC

Music journalist examines four chart-toppers

BOOKWORM

Sue Carter



Twenty years ago, Alanis Morissette stormed onto the music scene with *Jagged Little Pill*. At the time, the album was considered loud, shockingly honest and "unladylike" — a perfect anthem for a generation of disenfranchised young women who previously felt they had no voice.

The album's anniversary this June time-travelled fans back to the mid-1990s. *Jagged Little Pill* made a quick two-week re-appearance on Billboard's Top 200 album chart.

Across Canada, there have been tribute nights and lots of media analysis of the continued emotional resonance of Morissette's work.

Like so many fans, Vancouver music journalist Andrea Warner, 16 when the album was released, felt empowered by its frankness.

Her debut book, *We Oughta Know: How Four Women Ruled the '90s and Changed Canadian Music*, examines, from a feminist's perspective, the careers, suc-

cesses and controversial media personifications of Morissette, along with fellow superstars Shania Twain, Sarah McLachlan and Céline Dion.

When Toronto publisher Eternal Cavalier approached Warner, an associate producer with CBC Music, to write a book, she already had a kernel of an idea.

On sales tracker Nielsen SoundScan, she discovered the four women (all wildly successful by their mid-20s) are among the Top 10 bestselling musicians in Canada. Dion is first place.

To put this in context, the Beatles are at No. 8.

"It made me take stock of the music industry in Canada, and it gave me pause to take stock of my life," Warner says.

"I thought, 'Oh my God, these four women have been part of my existence in such a strange, almost fairy godmother/evil stepmother kind of way for so long.'"

“These four women have been part of my existence ... for so long.”

Andrea Warner

Although Warner connected with Morissette's raw anger and with McLachlan's poetics — the book includes an emotional essay about how McLachlan's al-

bum Rarities, B-Sides and Other Stuff helped Warner through the death of her father — her relationship with Dion and Twain was more complex.

As a teen, she dismissed Dion as a saccharine pop diva under the spell of her manipulative manager-husband, and Twain as nothing more than a talentless country-crossover Barbie.

"All of these things I ever said about Céline Dion and Shania Twain are completely complicit with preserving sexism and misogyny, and upholding all these horrible things I'm supposedly against," Warner says. "It made me take a look at myself and the worst parts of my personality."

Warner also takes her profession to task, devoting a chapter to the more egregious examples of sexist music journalism, in which the women are referred to, among other terms, as "pin-ups," "angry young wom(e)n" and "fragile young flowers."

Ultimately, as Warner suggests, you don't have to be a Titanic fan to appreciate Dion's vocal range or to critique Twain's music without referencing those early bare-midriff years.

"I think it's so important to pick apart how we build our belief structures," Warner says. "Maybe it's not even about feminism and sexism, but why do we love the things we do? Why do we think something is good versus bad, and how does it feed into what we think is good or bad taste?"

Wear your heart on your heels

FASHION

Lamar collabs with Reebok on sneakers with soul

One of the hottest and most critically acclaimed rappers of the moment has designed a pair of Reebok sneakers that he hopes will promote peace among L.A.'s gangs.

Lamar signed a partnership deal with Reebok in 2014 and his first set of sneakers will be called the Kendrick Lamar x Reebok Ventilator.

When they go on sale later this month the shoes will carry a multi-coloured message that promotes peace, particularly among the Crips and the Bloods, the two rival gangs that influenced Lamar's childhood growing up in Los Angeles and

his conscious rap lyrics.

The sneakers are an off-white 'paperwhite' suede and feature the word 'red' on the right heel and 'blue' on the left heel (a reference to the two gangs' affiliation colors) and the word 'neutral' inscribed under the tongue.

AFP

JULY 18 SNEAKERS WILL GO ON SALE FOR \$130 US



GOSSIP

Lovato steps up to the plate

IN HOLLYWOOD

Ned Ehrbar

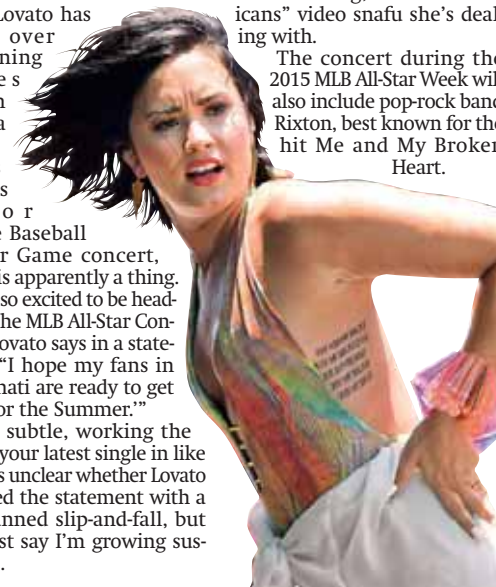


Demi Lovato has taken over headlining duties from Ariana Grande at this year's Major League Baseball All-Star Game concert, which is apparently a thing. "I'm so excited to be headlining the MLB All-Star Concert," Lovato says in a statement. "I hope my fans in Cincinnati are ready to get 'Cool for the Summer.'"

Real subtle, working the title of your latest single in like that. It's unclear whether Lovato followed the statement with a pre-planned slip-and-fall, but let's just say I'm growing suspicious.

Grande, for her part, had to bow out of the gig because she recently got her wisdom teeth removed. And here I thought it was because of that whole donut-licking, "I hate Americans" video snafu she's dealing with.

The concert during the 2015 MLB All-Star Week will also include pop-rock band Rixton, best known for the hit Me and My Broken Heart.



LAMBERT CANCELS STAMPEDE; THE VIEW'S REVOLVING DOOR

No bull

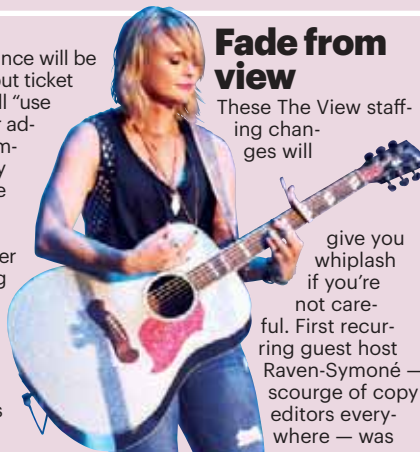
It's hard out there for professional singers these days, with vocal cords acting up left and right, causing all sorts of tour disruptions.

The latest victim? Miranda Lambert, who had to dash plans for her upcoming Calgary gig due to "serious inflammation" of her vocal cords, according to her Facebook page.

"I'm so sorry that I can't be at Stampede this week, but I'll be back in Calgary just as soon as I can for all of my Stampede fans," she said

in a statement.

The appearance will be rescheduled, but ticket holders can still "use their tickets for admission to Stampede and enjoy all that we have to offer," Stampede's chief operating officer Paul Rosenberg said, "including live country music at Nashville North." Just, you know, sans Lambert.



Fade from view

These The View staffing changes will

give you whiplash if you're not careful. First recurring guest host Raven-Symoné — scourge of copy editors everywhere — was

tapped for a permanent spot on the daytime chat panel.

Then this week word leaked that newly added Rosie Perez would be leaving the show at the end of her first season in August.

Everyone first had to come to terms with the realization that The View is a show with "seasons" before even more news came in: Comedian and recurring guest-host Michelle Collins is also being made a full-time member of the show. So ... good for her? Now then, is anyone still actually watching?

Death on TV

Game of Thrones has had plenty of shocking deaths — including some very recent ones that still aren't necessarily confirmed as real — but Maisie Williams, who plays plucky assassin-in-training Arya Stark, has one in particular that resonates more than others: that of Robb Stark, played by Richard Madden, who was offed along with his mother and



pregnant wife at the infamous Red Wedding. "I feel like the audience — and myself — were led into such a false sense of security, we couldn't see it coming," she tells E! News. "I guess it was the same with Jon, but we're sort of used to that now. I'm so numb to it, my family members being taken away from me."

That's rough, girl. NED EHRBAR FOR METRO

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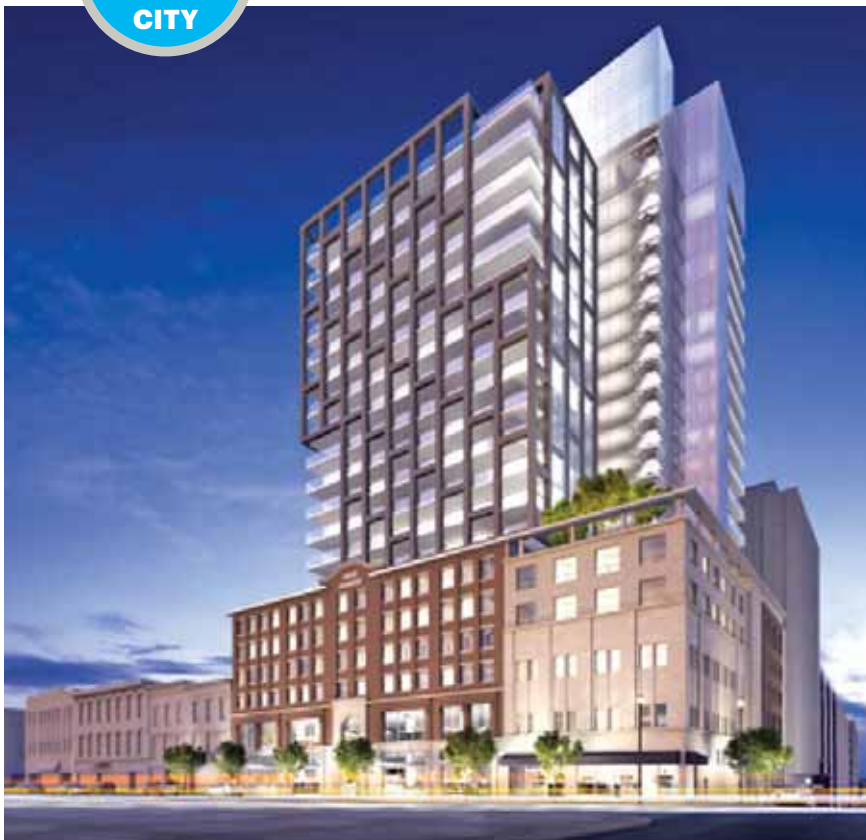
SHOPPERS
DRUG MART



What they're asking



Some things are better new, and there's nothing nicer than a gleaming new condo suite. Here's a look at medium-sized, brand new one-bedroom units near downtown **Duncan McAllister** FOR METRO



\$398,000

Halifax

The Roy, a contemporary 22-storey condominium, is at 1650 Granville St. in the centre of downtown Halifax. It's an area that's experiencing rapid growth, with new commercial and residential developments opening in the coming months. The building offers three units at 743 sq. ft.: The Canadian, The Scotia and The Royal. The historic development by Starfish Properties will feature the work of Page + Steele IBI Group Architects and interior designs by UNION31. Contact the sales centre at 902-431-1650 or email info@theroyalhalifax.com.



\$422,900

Vancouver

You can get a 661 sq.-ft. one bedroom plus den in Altus, the second phase of the SOLO District condo project. SOLO District is close to the SkyTrain at Lougheed Highway and Willingdon Avenue in Burnaby, a suburb of Vancouver. The development will feature a selection of retailers and exclusive amenities, including a rooftop patio, with a full kitchen, large dining room, media centre, outdoor lounge with barbecue and fireplace. Other amenities in Altus include a fully equipped fitness studio and an outdoor rooftop multi-sport court. Contact the sales centre at 604-227-3745 or email info@solodistrict.com.



\$479,000

Calgary

Featured is a 776-sq.-ft. suite with one bedroom plus den at the Lido condominium by Battistella. The building is at 10 St. N.W. and 2 Ave. N.W., in the heart of one of Calgary's most desirable inner-city neighbourhoods. It features a boutique hotel on the second level, and seven commercial bays that will include fine dining, high-end retail shops, a boutique wine store, and a coffee shop. The building also features a rooftop garden for residential use, with great downtown views, and outdoor fireplaces. Contact the sales centre at 403-290-1664 or email info@battistella.ca.



\$439,900

Ottawa

Here's a 756-sq.-ft. one bedroom plus den suite in the new Rideau tower at 831 Bank St., in the centre of Ottawa. Minto@lansdowne is comprised of two high-rise condominium towers with a collection of suites and townhomes. As part of the Lansdowne Park rejuvenation, Minto@lansdowne is close to new retail and dining experiences, with entertainment spaces throughout the park and a large outdoor skating rink. Minto@lansdowne is part of the historic Glebe area, one of Ottawa's premier shopping destinations. Contact the sales office at 613-788-2784 or visit minto.com.



\$239,900

Winnipeg

Glasshouse Lofts is a 200-unit, high-design condominium development at 311 Hargrave St., across from the MTS Centre. Featured is a 587-sq.-ft. one-bedroom suite in the A3 plan of the modern design, 21-storey residential glass tower by Urban Capital. The suites feature brushed aluminum hardware, rich hardwood flooring and porcelain tile. The condo is part of the new, mixed-use Centrepont development, with offices, restaurants and an Alt Hotel. Move-in is scheduled for next spring. Contact the sales centre at 204-282-9658 or email sales@glasshousewinnipeg.com.



\$392,490

Toronto

Featured is a 667-sq.-ft. unit on the 10th floor, overlooking Forest Hill. The Barrington Condominium Flats at 1486 Bathurst St. is introducing new suite designs and pricing in the St. Clair residential area, which is undergoing an urban renaissance. There are two new suite groupings: The London Flats and The Knightsbridge Collection, with amenities that include ground-floor retail and a fitness centre. The 18-storey Barrington is near the St. Clair West subway station and has a walk score of 98 and a bike score of 88. Contact the sales centre at 416-410-4444 or email info@barringtoncondos.com.

Fatigue finally gets to Pospisil

WIMBLEDON

Canuck played 31 sets in 7 days, solid Murray into last four

Vancouver's Vasek Pospisil simply played too much at Wimbledon.

Pospisil lost to Andy Murray in straight sets in their quarter-final match on a wet Wednesday, with the Canadian going out 6-4, 7-5, 6-4 after an exhausting 10 days of grass-court tennis.

"I played a lot of tennis, how much that affected the match is hard to say," said Pospisil. "But I definitely started feeling a little bit heavy, especially in that third set. I played 31 sets in seven days or something like that. Then you're going to play Andy."

Pospisil, stretched to five sets in three of his five singles matches, began feeling his legs against Murray. Pospisil and American partner Jack Sock were defeated last week as they defended their 2014 doubles title, only adding to Pospisil's workload.

The Centre Court contest against third seed Murray began with the roof open but after a second rain interruption, con-

cluded after two hours 11 minutes with the translucent structure closed.

Pospisil had hoped to join Robert Powell (1908 Wimbledon) and Milos Raonic (2014 Wimbledon) as the only Canadian men to make a Grand Slam final four. He was dismayed after being warned in mid-serve on a time violation, late in the seconds set as he dropped serve 5-6.

A nagging injury also bothered Pospisil, who said he needs to get a scan on an undefined problem in his right hand which he has been feeling for a few days. But he immediately said he did not expect it to keep him from playing for Canada against Belgium in the Davis Cup next weekend.

"I'm not expecting it to be anything serious," said Pospisil. "The plan right now is 100 per cent to go play. It's just a p r e -

cautionary MRI." Pospisil ended with nine aces but only one break point chance.

The 56th-ranked Pospisil suffered his fourth loss in

less than a year to Murray as the pair met on grass for the first time. Pospisil and his seeded opponent had to put up with a 35-minute weather interruption with Murray leading 3-1 in the first set and again left the court with Pospisil up 4-3 in the second set. At

"I definitely started feeling a little bit heavy, especially in that third set"

Vasek Pospisil

that point, the roof was closed to allow play to conclude.

Murray profited from a break for 6-5 in a game where Pospisil was warned for taking more than 20 seconds between points. Murray took a 2-0 lead on sets a game later when Pospisil netted a service return. Murray earned the deciding third-set break in the ninth game as he easily returned a cross-court winner off of a Pospisil shot from the back of the court.

The 2013 Wimbledon champion served out the victory a game later to end Pospisil's tournament on a second match point.

THE CANADIAN PRESS

+ SEMI-FINALS

Top three men seeds sail through in straight sets

The top 3 men — Novak Djokovic, Roger Federer and Andy Murray — cruised into the Wimbledon semi-finals in straight sets. The final four lineup has an unexpected name, too.

Richard Gasquet ousted lasted French Open champion Stan Wawrinka in a marathon fifth set Wednesday, preventing Wimbledon from having the top four men's seeded players in the semifinals for the first time in 20 years.

The 21st-seeded Frenchman overcame the fourth-seeded Swiss 6-4, 4-6, 3-6, 6-4, 11-9, falling onto his back in relief after Wawrinka's backhand went long on the third match point, ending nearly 3-1/2 hours of play.

Gasquet reached the semifinals at the All England Club for the first time since 2007. He will face defending champion Novak Djokovic, who swept past Marin Cilic 6-4, 6-4, 6-4.

THE ASSOCIATED PRESS



Andy Murray, Novak Djokovic and Roger Federer are in the last four
GETTY IMAGES



Andy Murray consoles Canada's Vasek Pospisil after winning his singles quarter-final match during day nine of the Wimbledon JULIAN FINNEY/GETTY IMAGES

NFL

Redskins trademark cancelled by judge

For the first time in a legal battle that has stretched over 20 years, a federal judge on Wednesday ordered the cancellation of the Washington Redskins' trademark registration, ruling that the team name may be disparaging to Native Americans.

The ruling does not bar the team from using the Redskins name if it wishes. The team could even still sue for trademark infringement, but winning such a case could prove more complex without the legal protections

that come with a federally registered trademark.

Redskins President Bruce Allen said the team will appeal. "We are convinced that we will win because the facts and the law are on the side of our franchise," Allen said in a statement. U.S. District Judge Gerald Bruce Lee's ruling upholds an earlier finding by an administrative appeal board and orders the federal Patent and Trademark Office to cancel the registration.

THE ASSOCIATED PRESS

IN BRIEF

Source: Clippers trying to keep hold of centre Jordan

Two people with knowledge of the situation say the Los Angeles Clippers are making a last-ditch push to keep free agent centre DeAndre Jordan from joining the Dallas Mavericks.

Jordan and the Mavericks agreed to terms on a four-year, \$80 million contract last Friday. The Clippers can offer a five-year deal worth even more once contracts can be signed starting Thursday.

THE ASSOCIATED PRESS

Red Wings sign winger Tangradi to one-year deal

The Detroit Red Wings have signed left wing Eric Tangradi to a one-year contract.

The team announced the deal Wednesday. Tangradi, 26, played seven games last season for the Montreal Canadiens. He played a career-high 55 games for Winnipeg in 2013-14. Tangradi was drafted in the second round in 2007 by the Anaheim Ducks. He made his NHL debut in 2010 for Pittsburgh, and was traded the Jets from there in 2013. THE ASSOCIATED PRESS

GOLF

Injured McIlroy will not take Open risk

The photo Rory McIlroy posted to Instagram on Wednesday shows his feet up, a black air cast around his left ankle, as he watches Wimbledon on television. The claret jug was positioned beneath the screen.

When it comes to a Grand Slam championship in his own sport, the world's No. 1 golfer will be reduced to watching this year. Two days after the stunning news that he ruptured a ligament in his left ankle, McIlroy pulled out of the British Open



Rory McIlroy
GETTY IMAGES

at St. Andrews, the first time in 61 years that the defending champion will not be in the field.

He injured his ankle over the weekend playing soccer with friends in Northern Ireland. McIlroy held out hope he could still play next week, but he decided it was not worth risking a full recovery. THE ASSOCIATED PRESS

Canadian BMXers are ready to ride

PAN AM GAMES

Centennial Park in Etobicoke to host races

Tory Nyhaug shrugs because it's so obvious. A gold medal at the Pan Am Games would be a premier feather in his cap — rather, in the goggle strap around his full-face helmet.

The 23-year-old out of Coquitlam, B.C. is perhaps Canada's best hope for a podium finish in the BMX event. He won the national title last week — his fifth straight victory — and feels he's primed to perform to his highest ability at the newly-built Centennial Park race track in Etobicoke, where the first heats of the event will begin this Friday.

"To compete in a major event in Canada is really a once-in-a-lifetime opportunity, so it's going to be exciting," said Nyhaug. At ninth place, he is currently the highest seeded Canadian on in the BMX rankings.

"It's not like a typical race where you have to spend every minute trying to figure out the track. We already kind of know the track," he continued. "I'm just going to race the best I can and hopefully at the end I'm in the final and going for a podium."

Nyhaug was among the four

racers competing for Canada who were introduced to the media in Toronto on Wednesday. He is the only member to have raced in the Olympics: he rode in London in 2012 but failed to advance to the semi-finals, just weeks after he ruptured his spleen for the second time at a BMX event and had the organ surgically removed. Since then, Nyhaug has cracked the podium on the world cup circuit several times, claiming a career-best silver at the 2014 world championships.

The team includes Jimmy Brown and Daina Tuchscherer, who are both from Airdrie, Alta., as well as Amelia Walsh, who has won three straight Canadian titles and is the highest ranked Canadian woman in the world at 26th.

But the competition will be fierce. Some of the best racers in the sport are suiting up for the Pan Ams, including No. 2-ranked American Connor Fields and Colombia's Mariana Pajon, the top-seeded female BMXer in the world and gold medalist at the London Olympics.

Nyhaug cautioned that, though the Canadians are familiar with the track, their opponents have all week to practise on it and will be ready to go when qualifying time trials start on Friday.

"On race day, it's all going to be equal," he said.

TORSTAR NEWS SERVICE



Tory Nyhaug competes in the Men's BMX Cycling at the London 2012 Olympic Games.

PHIL WALTER/GETTY IMAGES (INSET BERNARD WEIL/TORONTO STAR)

MLB

Back-to-back homers give Twins the win

Brian Dozier and Joe Mauer hit back-to-back home runs with two outs in the sixth inning, propelling the Minnesota Twins past the Baltimore Orioles 5-3 Wednesday to complete a three-game sweep.

Manny Machado and Chris Davis hit consecutive homers off Casey Fien in the eighth for the Orioles, but Glen Perkins got his 28th save in 28 attempts with a perfect ninth.

Tommy Milone (5-1) stayed unbeaten in seven starts since being brought back from Triple-A Rochester at the beginning of June, striking out five in seven innings to lower his ERA to 2.84.

Orioles starter Ubaldo Jimenez pitched five scoreless innings, but he needed a season-high 110 pitches to finish them. Bud Norris (2-9), who was bumped from the rotation last week, took over in the decisive sixth.

After Eric Fryer walked with one out, Dozier went deep for the team-leading 18th time this year to put the Twins in front. He knew the ball was gone the instant it left the bat,



Minnesota Twins' Joe Mauer
JIM MONE/THE ASSOCIATED PRESS

MLB Wednesday

5	3
TWINS	ORIOLES

turning toward the Minnesota dugout to yell in celebration at his teammates as he began his run around the bases.

THE ASSOCIATED PRESS

+ BACKGROUND

Giants stomp Mets 3-0 to end losing streak

Matt Cain pitched six innings of two-hit ball in a triumphant return to AT&T Park for his first win in nearly a year as the San Francisco Giants beat the New York Mets 3-0 to end their seven-game losing streak.

THE ASSOCIATED PRESS

Braves hold lead to win

Carlos Gomez hit a go-ahead, three-run homer in the eighth inning and also had a solo shot in the sixth to help the Milwaukee Brewers beat the Atlanta Braves 6-5 on Wednesday.

Julio Teheran pitched seven strong innings but Atlanta failed to sweep the series.

THE ASSOCIATED PRESS

IN BRIEF

Scandal upends schedule

The start of Italy's Serie B season has been pushed back two weeks due to the Catania match-fixing scandal, which could end up altering entries for the second division.

The move from an Aug. 21 start to a Sept. 5 kickoff was made Wednesday at a league assembly.

Last week, Catania's owner admitted to fixing five Serie B matches last season aimed at preventing the Sicilian club from relegation to the third division.

The five matches under investigation were played against Varese, Trapani, Latina, Ternana, and Livorno — and those clubs are also facing an inquiry.

THE ASSOCIATED PRESS

Russia 2018 World Cup will go ahead

Russia says that Sepp Blatter's decision to step down as FIFA president poses "no threat" to its hosting of the 2018 World Cup.

Blatter announced his intention to quit last month and new elections will be held against the backdrop of U.S. and Swiss investigations into corruption allegations, including some that involve the bidding for the 2018 and 2022 World Cups.

Russian Sports Minister Vitaly Mutko says that any new FIFA president will "provide full support" for Russia's World Cup, which he called FIFA's "pearl."

FIFA should now "restore trust" in football after various scandals, he added.

THE ASSOCIATED PRESS

NHL

Capitals coach upbeat about off-season

In his first season as Washington's coach, Barry Trotz led the Capitals back to the playoffs and guided them within a win of their first conference finals in 17 years.

Trotz displayed that same motivational ability in a well-received speech on Tuesday at the National Press Club.

The coach described his path from undersized, undrafted 20-year-old defenceman hopeful in Washington's training camp in 1982 to full-time coach back home in Manitoba just two years later to having won more games than all but three active NHL coaches.

Washington, which lost 2-1 in overtime in Game 7 of the Eastern Conference semi-finals at the New York Rangers, has since added likely top-six forwards Justin Williams and

“You treat everybody with equal respect, give them a role and make them feel that they're part of something bigger.”

Barry Trotz

T. J. Oshie while losing two-time All-Star defenceman Mike Green and veteran wingers Troy Brouwer and Joel Ward. "The reality of the salary cap era, you're going to have to move some pieces," Trotz said. "We might be a little bit lighter, but T.J. Oshie will put his nose in there, same with Justin Williams. Can you re-

place Mike Green? Probably not fully, but collectively we can shorten that gap."

Trotz said that turning Alex Ovechkin into more of a two-way player wasn't that difficult.

"I told Alex ... when you have the puck, I want you to do what you do," Trotz said. "When you don't have the puck, I want you to do what I want you to do so we can get you the puck more. He bought in."

Ovechkin was far from alone in doing so.

"You have 23 guys on the team, but you really coach seven or eight. You treat everybody with equal respect, give them a role and make them feel that they're part of something bigger."

THE ASSOCIATED PRESS



Washington Capitals head coach Barry Trotz during a game.

CHRISTIAN PETERSEN/GETTY IMAGES

RECIPE Black Bean, Mandarin Orange and Baby Shrimp Salad



EAT LIGHT AT HOME

Rose Reisman

rosereisman.com

@rosereisman



If using frozen shrimp, be sure to defrost, drain and dry completely for the best result. If mandarin oranges or tangerines are in season use them to replace the canned. Serves 4.

Ready in

Prep time: 15

Cook time: 3

Ingredients

- 1/2 cup drained, canned or frozen corn
- 4 oz baby cocktail shrimp
- 1/2 cup canned mandarin oranges, drained and patted dry
- 1/2 cup black beans, drained and rinsed
- 1/2 cup diced red bell pepper
- 1/4 cup diced red onion

- 1 1/2 tsp olive oil
- 1 1/2 lemon juice
- 1 tsp honey
- 1/2 tsp minced jalapeno peppers
- 1/2 tsp Dijon mustard
- 1/4 tsp cumin
- 3 Tbsp chopped cilantro or mint
- Salt and pepper
- 8 Boston lettuce leaves

Directions

1. In small skillet sprayed with vegetable oil, add corn and sauté for three minutes, just until lightly charred. Add to bowl along with remaining ingredients. Mix well and divide over lettuce leaves.

Nutrition per serving

- Calories 110
- Protein 10 g
- Fibre 4 g
- Total fat 3 g
- Sodium 200 mg

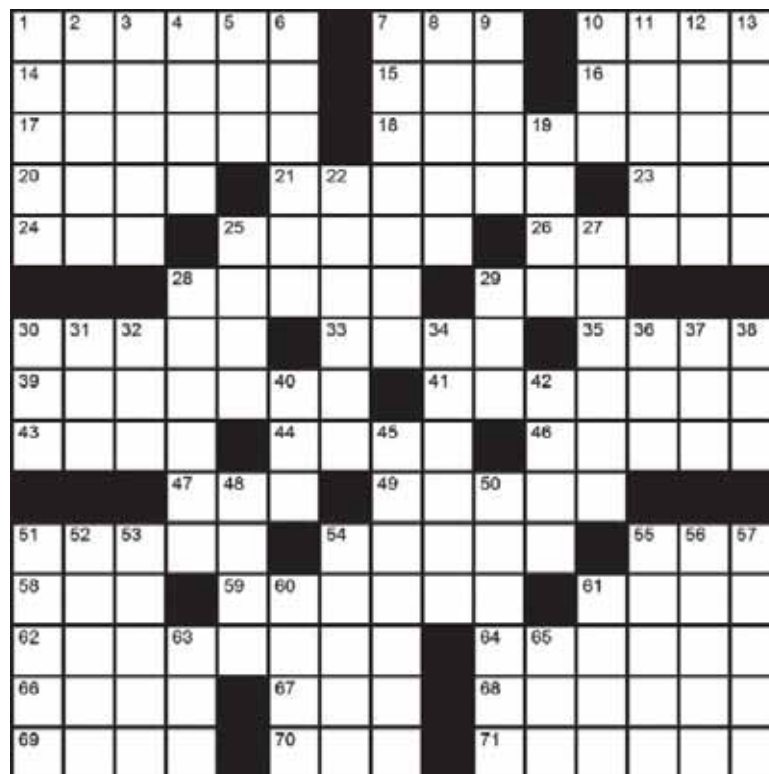
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Mini racing vehicle
7. Tough wood
10. Help with the heist
14. Charlie Sheen's brother
15. SSW's opposite
16. Bat's hangout
17. Ms. Shire's of "Rocky" (1976)
18. Canadian vitamins brand since 1922
20. Loafer, for one
21. Villainous 'Lord' in Lord of the Rings
23. Pres. Eisenhower
24. Writer Mr. Milne's
25. Bird feather pen
26. Refuge for a castaway
28. Music producer, Jermaine
29. "Rhoda" production co.
30. Laboratory dish
33. Adroit
35. Try to persuade
39. ___-style sunglasses
41. Trade-in at the dealership: 2 wds.
43. Hungry feelin'
44. ___ and terminator
46. Open-mouthed
47. Sour
49. Earthenware jar
51. Heavenly food
54. Call
55. Intercept information
58. Eggs, scientifically



59. Astute
61. Info collected from research
62. Tom Cruise's bartender movie
64. Synchronicity
66. Put on payroll
67. Wedding promise: 2 wds.

68. Degrees
69. Seaport of Yemen
70. "Steal My Sunshine" group
71. Every 12 months

DOWN

1. Enjoys, ___ kick

2. D-Day beach
3. Metric weights, for short
4. No word of ___ (True)
5. Narrow inlet
6. Outcome that could go either way
7. "Falling in Love

- Again" is a new single by what single-named Canadian songstress?
8. Fido's warning
9. Prefix with 'globin'
10. Deck of cards symbol
11. Pesto ingredient

12. Call forth
13. Principle
19. Put a sock ___: 2 wds.
22. Put the clothes out on the line
25. Vocationally vacate
27. Blur
28. Fearsome fire-breathing flyer
29. Rushmore, et al.
30. Celeb photographer
31. Moviedom's Ms. Mendes
32. Pantry container
34. Botox injection site
36. Electronics co.
37. Discontinuity
38. Poet's 'previously'
40. Cartoon fight sound effect!
42. Let up
45. Level of command
48. Quick
50. Excessively
51. Coffee order
52. Cold shoulder it
53. Mother-of-pearl
54. "___ & Prejudice" (2005)
55. Shock weapon
56. Ring-shaped coral island
57. Popular garden flower
60. Salute
61. Prima donna
63. Mattel guy
65. Born, in bridal bios

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
People will go out of their way to do you favors today which, of course, makes you suspicious, but there is no reason to be. Some people like you and genuinely want to help.

Taurus April 21 - May 21
You are taking something far too seriously and at the same time neglecting far more important issues. What happens today will offer perspective and remind you that life is too short to waste time on worry.

Gemini May 22 - June 21
You may be under the impression that you can say and do what you please but that does not mean you can step out of line and be protected from the consequences every time.

Cancer June 22 - July 23
You are in a generous mood at the moment and that's good, but don't fall into the trap of thinking it's about money. What others want from you is your time and attention and sympathy. Gifts are nice but not essential.

Leo July 24 - Aug. 23
With Venus and Jupiter moving through your sign, you are responsive to other people's moods and needs. However, watch out that their negative feelings don't start to have a negative effect on you.

Virgo Aug. 24 - Sept. 23
You are craving something, or someone, you cannot have. Some things are best left in the realms of fantasy. Besides, reality is not so bad.

Libra Sept. 24 - Oct. 23
You don't lack for compassion but how about common sense? You could be fooled into thinking you are doing the right thing, when the best thing is to leave well alone.

Scorpio Oct. 24 - Nov. 22
You want to impress people who can help you realize your ambitions, but there is a danger you will go too far and say or do things that are so over the top they're counterproductive. Don't try so hard.

Sagittarius Nov. 23 - Dec. 21
Don't let unexpected events undermine your confidence, especially on the work front where a series of setbacks seems to have dented your morale.

Capricorn Dec. 22 - Jan. 20
Don't give away too much information today. The less others know about your plans the better — one of your friends has a very big mouth and could tip off your rivals.

Aquarius Jan. 21 - Feb. 19
Be wary of anyone whose attitude towards you goes from one extreme to the other. If they are that changeable in their affections then maybe it's best to keep them at arm's length.

Pisces Feb. 20 - March 20
Your imagination is extremely powerful but there are times when it gets the better of you. The first step toward resolving your current problem is to stop worrying about it so much.

CONCEPTIS SUDOKU by Dave Green

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